

Title:

5 Tips For Keeping Active In The Winter

Word Count:

381

Summary:

With winter coming there will be lots of cold days that simply make people want to stay inside

Tip #1 Yoga or Pilates

Taking a yoga or p...

Keywords:

health, fitness, winter activities, activity

Article Body:

With winter coming there will be lots of cold days that simply make people want to stay inside

Tip #1 Yoga or Pilates

Taking a yoga or pilates class at your local gym will help you get out and about, meet new peo

Tip #2 Take a Bike Ride

A bike ride is fun any time of the year and can be especially enjoyable during the winter beca

Tip #3 Go for a Walk

Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a

Tip #4 Weekly Meeting with Friends

Scheduling a weekly meeting with friends whether at a coffee shop or alternating friends' home

Tip #5 Plant a Winter Garden

If you like to be active in the garden in the spring and summer then there is no reason why yo

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>